

August 2021

Carver Council on Aging

What's Inside for August

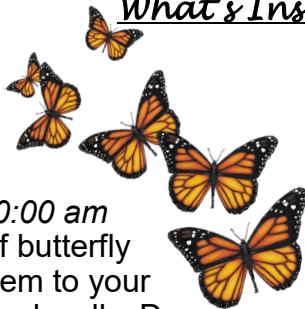
Magic of Butterflies

with Entomologist

Blake Dinius

Monday, August 16th at 10:00 am

Learn about the benefits of butterfly watching, how to attract them to your yard and where to find them locally. Drop-In.



365 Ways to Enrich a Chimp

Presented by Chimp Haven Behavior

Technician Liam Kelly

Monday, August 23rd at 12:30 pm



Chimp Haven is the 200+ acre sanctuary in Louisiana featured in the Disney+ series "Meet the Chimps". Discover what it takes to keep over 300 retired chimpanzees healthy, happy and engaged. Please register at 508-866-4698 x3.

Exploring Fruits

with BID Registered Dietitian Marcia Richards

Friday, August 13th at 10:00 am

Sample a variety of seasonal fruits and learn what nutrients they contain and the benefits they offer. Please register at 508-866-4698 x3.

Ice Cream Social & Ukulele Concert

Monday, August 30th at 12:00 pm

Join us for a cool sweet treat followed by a fun ukulele concert, featuring Jim Collins and Mary Vacca. Come early for lunch and stay for the ice cream *sundae bar, then sing-along with the classic songs we all remember!

Please register at 508-866-4698 x3.

*Sponsored by the Friends.



BLOOM BUS TOUR TO NEWPORT PLAYHOUSE MONDAY, SEPTEMBER 27TH

This hilarious Broadway comedy surrounds a married couple who are art dealers. Their domestic tranquility is shattered upon the arrival of the wife's nerdy sister, her uptight husband, and her busy-body mother. They are there to rescue their promiscuous college-student daughter. The comic sparks really begin to fly when the mother hits it off with an elderly artist who is the art dealers' best client!

Enjoy a plated lunch before the show. Choose from: *Oven Roasted Chicken, Baked Cod with Buttered Crumb, Penne and Meatballs or Penne Primavera*. All meals include soup or salad, fresh baked rolls, dessert, and coffee, tea or water.

DEPART COA - 9:45 AM / RETURN - APPROX. 5:15 PM

COST: (\$112 value) - \$75 for COA *Friends Members / \$100 for Non-Members

***Join the Friends of Carver COA for \$10 by August 31st to take advantage of this special discount! Call 508-866-4698 x3 for reservations. Full payment due 9/3/21.**

COUNCIL ON AGING

Monday - Thursday

9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver

508-866-4698

COA DIRECTOR

Connie Kelly

Monday-Friday

8 AM-4 PM

508-866-4698 x3

connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair

Claudia Miller-Vice Chair

Helen Marrone-Secretary

Savery Moore

Stephanie Clougherty Alt.

Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President

Paul M Kelly -Vice President

Madeline Joyce -Treasurer

Jackie Rogerson - Secretary

508-866-4698

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus.

Have the address of the location you need transportation to when you schedule a ride.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

NEW SCHEDULE

Gatra Bus Service has returned to **FULL** capacity of 8 passengers per bus also, masks are *still* required through September.

SUPERMARKET RUNS

Wednesdays 12:30 pm Market Basket

Thursdays 9:30 am 1st - Walmart/Wareham

2nd & 4th - Stop & Shop

3rd & 5th - Walmart/Plymouth

Fridays 9:30 am Shaw's

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. A book of passes makes a *great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Call **508-866-4698 x-1** *prior to 12 pm the day before.*

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

The Plymouth County Sheriff Department's **Free Safety Assurance program** is a computerized telephone system that places a call to a participant at a pre-arranged time each day. Calls are received between 6 am and noon. **To enroll, call 508-830-6256.**



LOAN CLOSET (please call before dropping off items)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.

LEGAL ADVICE AT THE COA

Attorney-At-Law Lawrence L. Hale is available to meet with seniors, by appointment only, for free legal advice and counseling in 15 minute appointments on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3**.

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips!

Checks can be sent to: Friends of the Carver COA, PO Box 72, Carver, MA 02330, Attn: Madeline Joyce.

FINAL FRIENDS SIGN-UP FOR THE BUS TRIP DISCOUNT! TUESDAY, AUGUST 31ST
12:15 PM - 2:00 PM.

SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551** to see if you can schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to schedule an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS is providing weekly blood pressure clinics as well as monthly glucose and cholesterol screenings every Tuesday from 9:30 am - 11:30 am. Drop-in.

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$20 for a cut, cut and blow dry \$30. Call **508-866-4698 x3** to make an appointment.

The Carver Council on Aging Board of Directors will be planning a Fall Event. Details will follow in the September Newsletter.

Next BOD Meeting: Thursday, August 26th at 4:30 pm at the COA.
<https://www.carverma.gov/council-aging>

GATRA MINI-BUS

Peggy Wood
Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles
Outreach Coordinator

Tuesday - Thursday

9 AM - 3 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:30

WEEKLY ACTIVITIES

CHAIR YOGA AT THE POND

with Mary Wilson of Wild Divinity Yoga
Mondays, August 2, 9, 16, 23 & 30 at
9:00 am at Sampson's Pond (*indoors if
rain*). Suggested \$5 donation. Register
at **508-866-4698 x-3** to receive a spe-
cial parking pass.

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1 pm.
Call to register at **508-866-4698 x3**.

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays
at 5 pm. Register **508-866-4698 x3**.

RUMMIKUB

Wednesdays at 12 pm. Drop-In.

BINGO IS BACK!

EVERY THURSDAY AT 12:30 PM

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am
meet Police Chief, Marc Duphily, who
will listen to any of your concerns.

SINGO - MUSICAL BINGO

with Jim the DJ Guy on the first
Monday of every month - 12:00 pm. *D*

BASKET WEAVING w/ Patty Batson.
1st & 3rd Tuesdays at 12:30 pm and
1st & 3rd Fridays at 9:30 am. **\$15 per
class**. Register at **508-866-4698 x3**

TEA-TIME TALK WITH HEIDI

Wednesday, August 11th
From 1:00 pm - 2:00 pm
in the Small Meeting room of
the Carver Public Library.
Drop-in to meet COA Outreach
Coordinator, Heidi Lufkin-Miles, to
discuss any questions or concerns
you may have over a glass of iced tea.



BEREAVEMENT SUPPORT GROUP

Join Rev. Lawrence Smith of Continuum Hospice & Palliative Care every 4th Friday from 10:00 am-11:00 am.
Please register at **508-866-4698 x-3**.

FOOTCARE

If you need pedicare, call Dr. John McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic 116 Court St., Plymouth 508-747-1973.

WHAT'S HAPPENING THIS MONTH

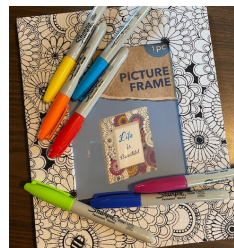
WEEKLY CRAFT CLASSES

Wednesdays at 10:00 am
Please register at **508-866-4698 x3**. Supplies may be limited.



Sunflower
Square
Wreath
8/4

Mini Canvas
Seascape
8/11



Adult Coloring
Frame
8/18

Card Making
Workshop
8/25



SCRUMPTIOUS SUMMER SMOOTHIES

with Nutritionist
Ally Littlefield
Tuesday, August 17th
at 10:00 am

Smoothies are a quick and easy way to get vital nutrients. When we blend our food, we don't destroy the fiber, but instead break it down, making it pre-digested. This means that our bodies can digest the food and essentially absorb the nutrients faster! Learn how to make some delicious drinkable meal options! Register at **508-866-4698 x3**



**Quick Survey: Who is interested in
Line Dancing Classes at the COA?**
Call Madeline at **508-866-6064**

"BOOK CLUB" FREE MOVIE MATINEE

Tuesday,
August 24th
at 12:30 pm
Enjoy free
popcorn with this
movie about four
friends whose lives are turned up-
side down when their book club
tackles a racy novel. From discover-
ing new romance to rekindling old
flames, they inspire each other to
make their next chapter the best
chapter.
Register at **508-866-4698 x3**.



SENIOR WHOLE HEALTH PRESENTATION

Monday, August 9th at 10:00 am
Senior Whole Health is a no cost
Senior Care Option plan for people
65 and older. As a member of Senior
Whole Health, you won't lose any
of your current MassHealth or Medi-
care benefits and you'll get **more**,
including:

- No copays or premiums for any covered service
- Prescription drug coverage
- Full dental coverage including crowns and implants
- No cost eye exams and \$300 towards frames
- Help at home with mobility and light housekeeping
- Free transportation to and from medical appointments
- Free YMCA membership (or \$40 per month for gym membership)
- \$110 per quarter for health-related items with your Healthy You Card

And more!

Register at **508-866-4698 x3**.

Special thanks to Chief Duphily and the Carver Police Dept. for grilling and serving at the COA BBQ. Thanks to Head Cook June Benson for providing an abundance of tasty side dishes, as well as, to the Friends of the COA for sponsoring "Yesterday's Country Band" and, to all who attended for making it so fun!

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1

*Wed 1 - 4

Sat/Sun/Mon - Closed

*Wed. is Veteran's Shopping Day
508-866-7673

MEALS ON THE MOVE

The COA provides prepared meals
for homebound elders.

Monday - Friday

Daily Cost: \$3.00

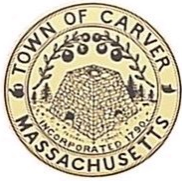
Call the Nutrition Center at
508-866-4698 x 4

SHINE PROGRAM

Health Insurance Counseling

Appointments via phone or email
only available at this time.

Please call the Regional Office at
the Middleboro COA at
1-800-AGE-INFO (1-800-243-4636)



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

 <h1>AUGUST 2021</h1> 						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chair Yoga 9:00 am Lunch 11:30 am SINGO! 12:00 pm	3 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Basket Weaving 12:30 pm Oil Painting 1:00 pm	4 Sunflower Wreath 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	5 Lunch 11:30 am BINGO 12:30	6 Basket Weaving w/Patty Batson 9:30 am Lunch 11:30 am	7
8	9 Chair Yoga 9:00 am Senior Whole Health Presentation 10:00 am Lunch 11:30 am	10 Wellness Clinic 9:30 - 11:30 am Coffee w/ the Chief 10:30 am Lunch 11:30 am Oil Painting 1:00 pm	11 Mini Canvas Beach Scene 10:00 Lunch 11:30 am Rummikub 12:00 pm Tea Talk w/ Heidi 1:00 Acrylic Painting 5:00	12 Lunch 11:30 am BINGO 12:30	13 Exploring Fruits 10:00 am Lunch 11:30 am	14
15	16 Chair Yoga 9:00 am Magic of Butterflies 10:00 am Lunch 11:30	17 Wellness Clinic 9:30 - 11:30 am "Summer Smoothies" 10:00 am Lunch 11:30 am Baskets 12:30 Oil Painting 1:00 pm	18 Adult Coloring Frames 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	19 Lunch 11:30 am BINGO 12:30	20 Basket Weaving w/Patty Batson 9:30 am Lunch 11:30 am	21
22	23 Chair Yoga 9:00 am Lunch 11:30 am Chimp Presentation 12:30 pm	24 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Movie Matinee 12:30 pm Oil Painting 1:00 pm	25 Card Making Workshop 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	26 Lunch 11:30am BINGO 12:30	27 Bereavement Support Group 10:00 am - 11:00 am Lunch 11:30am	28
	30 Chair Yoga 9:00 Lunch 11:30 am Ice Cream Social & Ukulele Concert 12:00 pm	31 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Final Friends Sign-up 12:15 - 2:00 Oil Painting 1:00 pm	1	2	3 FULL PAYMENT DUE FOR THE BLOOM BUS TOUR SEPTEMBER 3RD!	4 